

2015 PreConference Class Descriptions

USDA Professional Standards and the new 2015 Montana Dept. of Public Health and Human Services (DPHHS) Food Code are in effect. OPI School Lunch Program Specialists, Team Nutrition and Montana School Nutrition Association strive to assist and support Montana school nutrition professionals by providing all the following classes June 16, 2015 for Continuing Education Units so Montana can proudly lead the way in improving and being “On the Move In School Nutrition”

1. ServSafe 8 hours

Presenter: Mike Callaghan, owner Callaghan Enterprises

The standard Serv Safe course all managers are required to have for their HACCP plans. A National Restaurant Association [NRA] course. This is a good food safety training for anyone in the kitchen who handles food regularly. Serv Safe Certificates need to be renewed every 5 years. This class includes one hour homework.

This class is now MANDATORY for ALL SCHOOL NUTRITION MANAGERS under the new DPHHS Food Code that became effective January 2015.

This class meets the food safety requirement for SNA Certificate.

Registration deadline closes May 24 for this class.

2. Food Safety in Schools 8 hours

Sponsored by National Food Safety Management Institute(NFSMI)

This course discusses a clean and sanitary environment for the preparation and service of food.

All school nutrition staff

This class meets the food safety requirement for SNA Certificate.

3. Nutrition 101 8 hours

Sponsored by National Food Safety Management Institute(NFSMI)

Provides a basic overview of nutrition and helps to underscore the importance of nutrition in daily life. The program offers tools for guiding food choices, information on macronutrients and micronutrients, information to assist you in making good diet decisions, and an overview of nutrition issues in the media.

Requirement for SNA Certificate

4. Food Service Managers Basics 4 hours AM

Presenters: OPI School Nutrition Program Specialists

This session covers all the basics; completing required paper work, meal patterns, meal service, and much more. Join OPI School Nutrition Programs Specialists for simple explanation of program requirements, updates on USDA program policies, a discussion about ways to improve program operations, streamline paperwork, increase meal participation and more. There will be plenty of time for questions and to share ideas with your peers from across the state.

5. Montana Cook Fresh 4 hour AM

This class is off-site. Transportation is not provided.

Sponsored by Montana Team Nutrition and Montana School Nutrition Association

Serving fresh, whole foods in school meals is a priority for a growing number of schools throughout Montana and nationwide. This workshop will provide participants with the culinary skills and resources to efficiently prepare whole, fresh foods including fruits, vegetables, and legumes. These skills will allow participants to create tasty, attractive meals while meeting meal pattern requirements including reduced sodium. Participants will also learn how to use local foods and explore equipment that will make preparation easier. Chefs and school food service staff will share firsthand knowledge in this hands-on (and knives on!) workshop. All participants must have at least one 8”chef’s knife, paring knife, and peeler. Quality knife sets are available for purchase prior to the workshop or participants can bring their own knife set.

To order knife sets(\$75-\$100) contact Debbie Heuscher -406-270-1271 or ddheuscher@juno.com

Class Limit : 20

2015 Preconference descriptions (continued)

6. Where's the Dough? Whole Grain Baking Class 4 hour AM

This C class is off-site. Transportation is not provided.

Sponsored by MT School Nutrition Association

This workshop is designed for cooks or bakers interested in learning essential tips to scratch bake whole-grain breads and items for lunch and breakfast menus. Baking techniques along with tips for adjusting current recipes to meet the USDA whole-grain requirement will be covered. This class will review the nutrition facts, basic preparation techniques and ideas for incorporating a variety of whole grains into your school menus. Be ready to taste some kid-friendly delicious and nutritious items.

Class limit for each class: 25

7. Kitchen Safety 4 hour AM

Presenter: Annette Satterly & Harry Cheff

Sponsored by MSGIA

Keep you and your staff safe at work. These instructors are the Risk Managers [safety geeks] for the MSGIA – WCRRP program which covers workers compensation for the majority of Montana Public Schools. They spend many hours in school kitchens and know first-hand how hectic, and at times how dangerous the kitchens can be. They will be covering the most frequently seen injuries and how to prevent them. Lifting, twisting, pushing, pulling, reaching, carrying, preventing slips and falls, ergonomics and repetitive motion injuries, cuts and burns. They promise to keep the training entertaining and open to questions and interaction.

8. "For Those With The Courage To Change" 4 hour AM

Presenter: Suzie Eades, Owner Q360 Health

Certified NSCA-CPT, ACE Health Coach

This high energy interactive class is designed to empower people to make health-enhancing lifestyle changes in ways that work for them. By working in small groups we will tackle and learn ways for participants to overcome their barriers to physical activity whether it is physical, environmental or emotional. We will also take an honest look at the stages of readiness to change. The goal of the workshop is to find ways to fit physical activity into daily hectic lives and maintain active lifestyles even when difficult life situations arise. As a bonus, we will cover a variety of exercises that may be done at home alone or with a buddy. Be ready to share experiences, laugh, cry, sweat a bit and most importantly have fun! Participants completing the 4hr. workshop will be awarded a shirt.

Limit of 20 Participants each class

Remember to let us know the size of shirt you will need – tshirts are preshrunk cotton in unisex sizing- on the registration form ☺

Registration deadline for class is May 24

9. Speaking Skills and Beyond 4 hour AM

Presenter: Melinda Tilton

Have you ever been influenced or changed by someone's words? Public speaking can powerfully impact peoples' lives! It takes place on a daily basis--not just when standing in front of an audience. We speak publically when we give directions, share information, explain procedures, encourage or influence decisions, and more. Like any skill we want to improve, public speaking requires knowledge and practice. This interactive workshop is designed to provide the information, skills and practice to improve your confidence and ability. We'll begin by discussing how to communicate and listen more effectively, and ways to manage performance anxiety, then practice specific skills to improve your communication and relationships. This workshop is designed to benefit anyone who desires to improve their communication; personally and professionally.

2015 Preconference Descriptions (continued)

10. If Men are from Mars and Women are from Venus, then...

What Planet am I Working On?! 4 hour PM

Presenters: Gustin Martel & Bridget Martel

We've all read, or heard, about the book "Men Are From Mars, Women Are From Venus". Chances are, we have gotten quite a good laugh as we learned about the differences between the way men and women communicate. However, did you know that women communicate differently than other women? And, men communicate differently than other men? So, how does that fit into the work place? Join us as we explore different communication styles as well as learn tools to better communicate with our co-workers, our friends, and our spouses/significant others.

11. Sharpen Your Knife Skills 4 hour PM

This class will be off-site. Transportation is not provided.

Sponsored by Montana School Nutrition Association

This hands-on class will allow you time to sharpen up on your knife skills. It will cover knife handling safety, important knowledge on knife use, time saving tips, and allow plenty of time for you to practice cutting a variety of food items with different knives. All participants must have at least one 8" chef's knife, paring knife, and peeler. Quality knife sets are available for purchase prior to the workshop, or participants can bring their own knife set.

To order knife sets (\$75-\$100) contact Debbie Heuscher 406-270-1271 or ddheuscher@juno.com

Class Limit: 20

12. Smartphone Photography and Social Media 4 hour PM

Instructor: Dayle Hayes

CLICK IT. SHARE IT. POST IT. TWEET IT. PIN IT, EAT IT: Savvy school nutrition pros know that photography and social media skills are essential for marketing success in today's electronic world. This hands-on session will help you take your online presence from wherever you are to the next level. Bring a Smartphone or tablet plus photos of your meals. Leave with a plan for increasing the both quality of your posts and the quantity of your followers.

Class Limit: 25

13. Smarter Lunchrooms: Nudging Students to Select Healthy Choices 4 hour PM

Presented by Montana Team Nutrition

This presentation will cover behavioral economics – the practice of altering the physical environment in order to affect purchasing and consumption behavior – which lies at the heart of the Smarter Lunchrooms Movement developed by Cornell University. Participants will learn how small changes can make a big difference in motivating students to select healthier choices. This presentation gives participants a solid foundation in the theory behind Smarter Lunchroom interventions, explains why traditional methods of influencing eating behavior (such as choice restriction and financial subsidies) often fail and why Smarter Lunchrooms' Six Principles have proven to be successful.

Class Limit: 50

14. Where's the Dough? Whole Grain Baking Class 4 hour PM

Repeat class, description above with # 6

Limit 25 Participants Class is offsite, no transportation

15. "For Those With The Courage To Change" 4 hour PM

Repeat class, description above with # 8

Limit 20 Participants, deadline for registration, May 24.

Indicate t shirt size on registration form.

PreConference Evening

5:15 – 6:30 pm Welcome!

This is a great event to meet the MTSNA Board and find out the benefits of SNA membership and the SNA Certificate. Join us in the Ballroom for a little social time and light entertainment. Food Services of America sponsors an Appetizer Buffet and the Silver Spoon Award will be presented at 6:15. Presented by Tammie Claassen and Joan Karls

***Small School or Large, East, Central or West...
Everyone's Invited!***

**MREA-MCS Hosted Social
Billings Hotel and Convention Center Lounge
6:30 p.m. to 8:30 p.m.**

MREA-MCS invites you to join them for a hosted social in the Lounge of the Billings Hotel and Convention Center on Tuesday, June 16th starting at 6:30 p.m. Come enjoy hosted refreshments, dessert and great conversation with your colleagues and listen to some great live jazz tunes!

☺ **Please RSVP for these events if you plan to attend to help these venues plan for food** ☺